

Health & Wellness Committee

- *Medical Consultant:*
Dr. Elizabeth Conklin, X363
- *Advisors:*
Steve Brunero, X354
Roberta Accetturo, X368
- *Chair:*
Sharon Morra, X335
- *Newsletter Editor:*
Elinor Pickering, X331
- *Layout:*
Sharon DiPinto, X318

Healthy Choices— “Recipes for the Heart from the Heart”

New England McIntosh Cake

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|-------------------------------------|-------------------|
| 1 1/2 c. canola oil | 1 tsp baking soda |
| 2 cups sugar | 1 tsp cinnamon |
| 3 eggs | 1/2 cup sugar |
| 1/2 tsp nutmeg | 3 cup flour |
| 3 c peeled, cored, & chopped apples | 1 tsp salt |
| 1 cup chopped walnuts or pecans | 2 tsp vanilla |

Preheat oven to 350 degrees and grease a 9x13 pan. Beat sugar and oil with a whisk or electric mixer until well blended. Add eggs one at a time, beating well. Mix dry ingredients spoon to gradually in apples, nuts and mixture into pan. Bake 60-70 minutes and firm.



The easiest way to get physical exercise is to walk. Fall gives you a lot of options. Go through a pumpkin patch, pick apples at an orchard, collect colorful foliage, go horseback riding or look at holiday decorations and displays. When snow arrives, try cross country or downhill skiing, skating, sledding or travel through one of our beautiful parks such as Colt State, Lincoln Woods, Goddard or even your own neighborhood. There are adaptive methods for many forms of exercise. If you need an indoor activity, try tai chi, yoga, swimming, bowling or any of the other many aerobic choices. If you just need an indoor location, then head for the shopping mall. It's up to you whether or not to shop. Just keep your heart rate moving to its optimum beat!



Office of Rehabilitation Services Health and Wellness Matters

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40 Fountain Street
Providence, RI 02903
401.421.7005 (V) -
401.421.7016 (TDD)
www.ors.ri.gov

Ask the Doctor By “Dr. Conklin”

November is National Diabetes Month

Did you know that 6.3% of our population has diabetes, and 8.7% of all men and women over 20 years old have this disease and these numbers keep rising? People with diabetes have higher rates of heart disease, high blood pressure, kidney disease, blindness, nervous system disease, amputations, dental disease and complications of pregnancy.

Research has shown that lifestyle changes can prevent or delay the onset of Type 2 diabetes among high risk adults. These changes include diet and moderate intensity physical activity such as walking as little as two and a half hours a week. Check out the [American Diabetes Association](http://www.diabetes.org) website, www.diabetes.org, for more information including their low calorie, reduced carbohydrate “Recipe of the Day”.

November 17, 2005 is the annual Great American Smoke Out. You can join with others across the country to “kick the habit”. Research has shown that 70% of the 45 million current smokers want to quit and are more successful if they have some form of support such as nicotine replacement products, counseling, prescription medicines guidebooks and the encouragement of friends. Tips are available at www.cancer.org/smokeout.

December is National Drunk and Drugged Driving Prevention Month

Every 30 minutes, nearly 50 times a day, someone in America dies in an alcohol or drug related accident. Americans who drink and drive after holiday parties and festivities make the period from Thanksgiving to New Years’ one of the year’s most deadly and dangerous seasons. What to do? Don’t drink and drive. Designate a sober driver, call a taxi, use mass transit, stay where you are until you are sober or call a sober friend or relative. This holiday season, “If you catch a buzz, catch a ride”.



Bronze was great! Silver will be better!

Recently, Melanie Sbardella and Roberta Accetturo attended a Wellness University sponsored by Welcoa. They will be writing a proposal for ORS to work toward winning the silver award for health and wellness in the work place. If they ask you to fill out an interest inventory, please help us all out by giving your input. As Melanie put it, “Wellness all the way!”

Health and Wellness Calendar of Events

November

We're trying to surpass last year's \$10,000 pledge to SECA! More details to follow on this charitable event.

"Take Off Your Turkey Calories Trot" will be held at noon on **Friday, November 25th**. A scavenger hunt will help keep you moving. If you have any leftovers from Thanksgiving you'd like to share, bring them in for after the walk.

December

On **Friday, December 2nd**, an informational session is being presented by the Health & Wellness Committee at 2:30 p.m. More information to follow!

The **5th Annual Pre-Christmas Breakfast** will be held on **Friday, December 23rd**. Any suggestions where to go???? All are welcome!

Our **Christmas Party and Gift Exchange Extravaganza** will be held on **Thursday, December 15th** at Mama Theresa's.

Yoga is back! Want to stretch your muscles while relieving stress? Yoga with Manuela Birner began on **Thursday, November 3rd** and continues weekly through December 15th. The cost is \$9 per class if you sign up now for the whole session or \$13 if you decide to drop in. For more information contact Ellie Pickering at x331 or Yoga Instructor Manuela at moonduck@earthlink.net.

Dress Down Days

For \$1 you can wear your casual clothes and help a charity on the following Fridays:

November 18th, December 2nd, December 16th, and December 30th.

Health & Wellness Committee

Want to join the Health & Wellness Committee and plan for what you are interested in???

Meet at the 5th Floor Small Conference Room on the following Fridays.

November 4th at 2pm

December 2nd at 2pm

December 30th at 2pm

Health and Wellness Past Events

What's Been Happening?

New Orleans and the Gulf Coast were devastated by Katrina, but you looked great decked out in Mardi Gras beads. You helped raise \$1,311 to give to the RI Red Cross for hurricane relief. According to a close friend living near New Orleans, they plan to hold Mardi Gras in 2006. So hold onto your beads!



Our Health & Wellness Guru

Steve Brunero continues to give us information on sustaining a healthy life style through email and maintaining a health and wellness board in the 4th floor lunch room. Check them out! Anyone who has suggestions or information to include, feel free to add it to the Wellness Board.

"Walk for Work"

Steve Brunero and Joe Murphy participated in the Goodwill "Walk for Work" on Saturday, October 22nd at Roger Williams Park. This three-mile walk was a good way to help a great organization and exercise at a beautiful location while "racking up the points".

Remember that with each healthy activity you participate in at work or on your own, you are earning points leading up to winning a great prize at our January Luau. Make sure to inform Sharon Morra x335 of all your healthy events to help keep track of your points.



Want to Learn More about Your State of Health?

Go to your computer and put in www.myuhc.com. Healthy living tools are available through various United Healthcare sources. You can take the Online Health Assessment and Personalized Report which is a "confidential survey that helps assess your overall current state of health. You immediately receive a Personalized Report online with your results and suggestions for areas in which to improve." This can be used to increase your wellness points, and Steve Brunero will reward you with your own stress ball.

Healthy Halloween Party

It was a dark and stormy day. Witches arrived on brooms, black spider women crawled in, strange creatures appeared with scary brains, hats, clothing or faces. They were all treated to three varieties of apples to dip into chocolate or other nutritious condiments as well as applesauce, apple dessert and hot/cold cider. Dr. Walter Dzialo, DDS, provided us with numerous reasons to



take care of the teeth we were born with, and gave out some tools to help everyone such as toothbrushes, paste, mouthwash, and dental floss. Kathy McCabe received the winning prize of a tooth whitening system. Thanks to the Health & Wellness Committee for providing this safe, informative and healthy prelude to our evening of our Halloween festivities.

